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Weekly



Bulletin

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GUY P. JONES
EDITOR

New Discovery
Of An Old Power.

The treatment of disease with sunlight, known today as heliotherapy, is as old as the science of medicine, but the scientific use of sunlight for certain forms of tuberculosis and for rickets is as new as the 20th century. If we look into historical medical literature we find, now and then, references to sun baths for the sick, but we find almost no mention of prevention of disease with sunlight. On the Island of Cos in about the year 400 B. C. Hippocrates, the father of medicine, advised sun baths and built a temple to Aesculapius, the god of medicine, to serve as a solarium for his patients. From the time of Hippocrates until the beginning of the Dark Ages, Greek and Roman physicians continued to recommend sun baths for the cure of disease. In modern times heliotherapy has been practiced more or less in France since the end of the eighteenth century. The first specific use of sunlight for the treatment of tuberculosis was made by the physicians of Lyons about 1840, but it was not put on a sound scientific basis until 1903 when Rollier opened his clinic in Switzerland. Today many hundreds of children and adults with bone and gland tuberculosis go to Switzerland to be treated with sun baths. After many years of experience Rollier has established a system of graduated sun baths which have as their ultimate goal thorough pigmentation of the skin of the whole body and not sunburn. The altitude in Switzerland insures a coolness of the air as well as

great intensity of sunlight. The heat of the sun is useful in heliotherapy only in the winter and must be avoided at mid-day in summer even in the mountains. The best heliotherapy consists of light baths and not of heat baths, and may be practiced at any altitude or in any place where the sunlight is clear. This method of treating tuberculosis became so successful in Rollier's clinic that it has been initiated in all parts of Europe and this country. Switzerland is no longer the only place where tuberculosis children may be seen playing naked in the sun or lying on outdoor sun porches. In many parts of this country, whether at the seashore or in the mountains, just such scenes are common today.

SUNLIGHT AND RICKETS.

Rollier, the Swiss physician who first established the treatment of tuberculosis by sunlight on a scientific basis, did not limit his use of sunlight to the cure of tuberculosis. In 1910 a school was opened under his supervision where the influence of sunlight in the prevention of tuberculosis could be demonstrated. That this "school in the sun" was a success is shown by the ever increasing number of so-called preventoria which are springing up in this country for children known to have been exposed to tuberculosis. If sunlight is good for the cure of tuberculosis in older children, it is also certainly good for its prevention in younger ones. In 1916 a small volume was published in France by Dr. G. Leo urging the use of heliotherapy for the prevention of tuberculosis in infancy. Simple straightforward directions were given for sun baths for babies, but apparently they

attracted little attention either in Europe or in this country. In recommending heliotherapy for infants Leo thought only of its value in preventing tuberculosis. Little did he realize that in so doing he was advising a procedure which would also prevent another and more common disease of infancy.

To many people today, moreover, heliotherapy implies only the cure or prevention of tuberculosis. Our conception of the value of heliotherapy must be widened to include the cure and prevention of rickets as well as that of tuberculosis. Recent medical investigation has shown that sunlight has an absolutely specific effect in the prevention and cure of rickets and is indispensable for the normal growth of infants. Rickets as a chronic nutritional disturbance has been known to physicians for over 250 years, but the importance of sunlight in its cure and prevention has only been known definitely for the past seven years. The true value of sunlight in relation to rickets was first suggested by an Englishman in 1890 and reiterated in 1912 by a French investigator, but actual proof of its value was not obtained until 1919 when X-ray photographs of the bones demonstrated that rickets could be cured by ultra-violet radiations. Two years later, 1921, investigators showed that cure could be brought about by sunlight alone.

"BOTTLED SUNSHINE."

For over a century and a half cod-liver oil has been known to exert a favorable influence in rickets. Proof that cod-liver oil had a specific curative action in rickets, apparently similar to that of sunlight, was obtained in this country in 1921 and the cure demonstrated by X-ray photographs of the bones of rachitic children. As a result of even more recent experiments it is probable that the action of sunlight and cod-liver oil in the cure of rickets is the same and that the oil from the liver of the cod fish has acquired its antirachitic power from the sunlight passing through the water to the fish or to the plants eaten by the fish. It has been definitely shown that vegetable oils, milk, green vegetables and grains may also acquire this antirachitic power if treated with ultra-violet radiation. When cod-liver oil is ingested by the infant the antirachitic power which it has stored up is liberated, to regulate metabolism and cure or prevent rickets. Thus cod-liver oil may truly be called "bottled sunshine."

The Children's Bureau has conducted a rickets demonstration in New Haven for three years. Every mother coming to our clinic is shown how to give her baby cod-

liver oil. The following routine is followed: Babies seen before the end of the first month of life are given one-half teaspoonful of pure cod-liver oil twice a day. During the second month the dose is increased to 1 teaspoonful twice a day. Gradually this dose is again increased so that it amounts to 1½ teaspoonfuls twice a day or even 1 dessertspoonful twice a day at the end of the third or fourth month. It has been found that this amount of cod-liver oil is well tolerated by babies and that it can be successfully given in summer as well as in winter. During the hot summer months, the oil is best given in the early morning and at night. The bottle of oil should be kept cool.—*Children's Bureau.*



Health Officers

Honor Dr. N. K. Foster.

The following letter, signed by most of those who attended the Yosemite Conference of California Health Officers, was sent to Dr. N. K. Foster of Oakland, who is responsible more than any other single person, for the inauguration of scientific public health procedures in California:

Yosemite Valley, California,
August 18, 1926.

Dr. N. K. Foster,
Oakland, California.

Dear Doctor Foster:

The health officers of California, assembled in annual convention, desire to express to you in this informal manner, their deep appreciation of the most valuable contribution that you have rendered the people of California in the development of their public health.

We realize that when you became Secretary of the California State Board of Health in 1901 you found nothing upon which to build. With no existing machinery, not even a desk at which to work, without even stationery or chair to sit in, with no records of your preceding board of health, you set to work at building a state public health organization which has functioned continuously and expandingly ever since.

We owe to your vision and your earnest labor the establishment of many of the most important modern scientific public health procedures in this state. It was your initiative that brought bacteriology, food and drug analysis and inspection, education of the general public in community health as well as many other essential attributes in public health administration.

Without your foresight and energy the establishment of these vital public health functions might have been delayed many years in their arrival. Your work is an inspiration to all state, county and municipal workers in public health and in grateful acknowledgment of your inestimable contribution to the health of Californians, we beg to sign our several names.



Dr. Wells Gives Talk On Health.

Dr. W. B. Wells, Health Officer of Riverside City and County, addressed the Riverside Kiwanis Club recently concerning the work of the newly organized county health unit. Among other remarks he said:

"The future of the human race is a public health problem. Health education is a far sighted investment in national prosperity. Every healthy child born into a home makes that home, community, and nation richer. As the safety of a building depends upon its foundations of rock or concrete, so does the safety of a nation depend upon its foundation, the baby.

Just as there is little use in repairing a building that has a weak foundation, so there is no use in hoping to build a strong civilization except through healthy, happy babies. Thousands of babies die needlessly every year. Thousands of rickety feet falter along life's highway. Thousands of imperfect baby eyes strain to get a clear vision of the wonders that surround them. Thousands of defective ears can not hear even a mother's lullaby.

Thousands of physically unfit men and women occupy back seats in life, are counted failures, all because of the thousands of babies who have been denied the birth right of a sanitary protected home.

The need for better homes comes home to those who are forward looking people. Our schools and colleges are hearing the call and are establishing classes in home making and motherhood.

By public health nurses and noble sisters of charity who are visiting the homes of those who need help and instruction; through the opening of hospital doors to the poor and which give relief to the afflicted; through baby clinics and preschool clinics where the child is measured and his defects tabulated and corrected before he enters school; through baby weeks and health exhibits held in cities and towns throughout the state; articles on prenatal care published in magazines and papers; and by acts of congress which provide for information to expectant mothers and by furnishing

pensions to the mothers who have been deprived of the support of the bread winner of the family, and for the orphans whose parents have fallen by the wayside, are these problems being met in every locality and throughout the nation.

This is a beginning, Dr. Wells concluded. The ground is only just broken for the nation's only safe foundation—healthy babies, each of whom must have a rightful heritage and even chance—a healthy body."



Children's Bureau Chief Coming West.

Miss Grace Abbott, Chief of the Children's Bureau, United States Department of Labor, will arrive in California September 6th. A luncheon will be given for Miss Abbott, September 8th at 12.15 p.m. in the Italian room of the Hotel St. Francis, San Francisco. This affair will be given by the San Francisco Center, League of Women Voters, Community Chest, Social Workers' Alliance and the Baby Hygiene Committee of the American Association of University Women. A similar meeting has been arranged for Miss Abbott in Los Angeles following her visit to San Francisco.



Many New Health Officers Appointed.

Dr. Wm. P. Shepard, who has been city health officer of Berkeley for several years, has resigned his position in order to associate himself with an insurance organization. Dr. Frank L. Kelly, formerly city health officer now Assistant Professor of Epidemiology in the University of California, will take over the duties of the Berkeley City Health Department temporarily, pending the appointment of a permanent successor to Dr. Shepard.

Mr. George E. Moore has been appointed city health officer of Lakeport to succeed Mr. B. F. Shaul.

Dr. H. W. Nielsen has been appointed city health officer of Fowler to succeed Mr. C. Chapman.

Mr. Walter E. Miller has been appointed city health officer of Placerville to succeed Mr. M. G. Frost.

Dr. E. A. Bohm has been appointed city health officer of San Bruno to succeed Dr. F. H. Smith.

Mr. John H. Young has been appointed city health officer of Dunsmuir to succeed Mr. Howard E. Morgan.

MORBIDITY.***Diphtheria.**

46 cases of diphtheria have been reported as follows: Alameda County 1, Albany 1, Berkeley 2, Oakland 2, Amador County 1, Calaveras County 1, Los Angeles County 8, Huntington Park 2, Long Beach 1, Los Angeles 12, San Gabriel 1, Merced 1, Corona 1, Riverside 1, San Francisco 6, San Joaquin County 2, Daly City 1, San Jose 1, Healdsburg 1.

Measles.

86 cases of measles have been reported as follows: Alameda County 1, Alameda 6, Berkeley 18, Oakland 22, Fresno 2, Los Angeles County 1, Alhambra 1, El Monte 1, Hermosa Beach 1, Long Beach 1, Los Angeles 1, Pasadena 1, Carmel 1, Sacramento 1, San Francisco 13, Stockton 1, Tracy 1, San Luis Obispo County 2, Santa Barbara County 4, Santa Clara County 1, Palo Alto 3, San Jose 3.

Scarlet Fever.

47 cases of scarlet fever have been reported as follows: Berkeley 2, Oakland 2, Gridley 1, Susanville 1, Los Angeles County 2, Alhambra 1, Burbank 2, Huntington Park 2, Inglewood 1, Long Beach 1, Los Angeles 9, Pasadena 1, Santa Monica 1, Orange County 1, Fullerton 2, Chula Vista 1, San Francisco 8, Stockton 1, Tracy 1, Santa Clara County 4, San Jose 1, Healdsburg 1, Ventura County 1.

* From reports received on August 23d and 24th for week ending August 21st.

Smallpox.

4 cases of smallpox have been reported as follows: Piedmont 1, Los Angeles County 1, Los Angeles 1, San Joaquin County 1.

Typhoid Fever.

21 cases of typhoid fever have been reported as follows: Fresno County 1, Kingsburg 1, Los Angeles County 3, Los Angeles 2, Sacramento County 2, Redlands 1, Siskiyou County 2, Sisson 2, Sonoma County 1, Sutter County 1, Ventura County 1, California 4.

Whooping Cough.

24 cases of whooping cough have been reported as follows: Berkeley 1, Oakland 2, Los Angeles County 4, Alhambra 2, Long Beach 2, Los Angeles 4, Madera County 1, San Francisco 2, San Joaquin 2, San Jose 4.

Poliomyelitis.

7 cases of poliomyelitis have been reported as follows: Los Angeles County 1, Alhambra 1, Los Angeles 1, Pasadena 1, Sacramento County 1, San Luis Obispo 1, Santa Paula 1.

Meningitis, Epidemic.

1 case of epidemic meningitis has been reported from Sacramento.

Encephalitis, Epidemic.

1 case of epidemic encephalitis has been reported from Los Angeles.

Leprosy.

1 case of leprosy has been reported from San Bernardino County.

COMMUNICABLE DISEASE REPORT.

	1926				1925			
	Week ending			Reports for week ending Aug. 21 received by Aug. 24	Week ending			Reports for week ending Aug. 22 received by Aug. 25
	July 31	Aug. 7	Aug. 14		Aug. 1	Aug. 8	Aug. 15	
Anthrax	0	0	0	0	1	0	0	0
Botulism	0	0	1	0	0	0	0	0
Chickenpox	46	35	32	57	35	41	23	25
Diphtheria	96	87	58	46	61	80	71	74
Dysentery, Bacillary	1	0	1	2	1	10	2	1
Encephalitis, Epidemic	2	2	0	1	2	3	2	1
Gonococcus Infection	96	105	224	91	81	124	114	61
Influenza	1	11	3	4	7	6	7	6
Jaundice, Epidemic	1	0	1	0	0	0	1	0
Leprosy	0	1	1	1	0	0	1	0
Malaria	0	6	2	1	4	2	0	0
Measles	161	123	104	86	19	21	20	8
Meningitis, Epidemic	1	4	4	1	0	3	1	4
Mumps	51	42	46	51	70	47	77	48
Paratyphoid Fever	2	2	1	0	2	1	3	0
Pneumonia, Lobar	61	26	25	19	24	61	36	30
Poliomyelitis	5	6	4	7	55	74	44	33
Rabies (animal)	7	8	5	4	9	8	6	0
Rabies (human)	1	0	1	0	0	0	0	0
Rocky Mt. Spotted Fever	0	0	0	0	0	0	0	0
Scarlet Fever	61	56	41	47	41	53	46	35
Smallpox	17	11	20	4	46	48	42	33
Syphilis	78	168	144	97	79	231	105	80
Tetanus	2	4	1	1	1	4	2	0
Trachoma	1	1	4	1	0	2	1	0
Trichinosis	0	0	0	0	0	0	0	0
Tuberculosis	202	205	155	190	173	176	245	138
Typhoid Fever	32	34	29	21	32	31	39	45
Typhus Fever	0	0	0	0	0	0	0	0
Whooping Cough	83	41	68	24	204	195	182	129
Totals	1,008	978	975	756	947	1,221	1,070	751